

# Get Down

Choreographed by: Darren Bailey and Lana Williams [www.darrenandlana.com](http://www.darrenandlana.com)  
Counts: 32 Counts  
Walls/Level: 4 walls/Improver  
Music: Get down on it (Kool and the Gang)  
Step Sheet provided by : Rose Haven [www.atlantinedance.com](http://www.atlantinedance.com)

## **Slide R, Heel Bounces x2, Slide L, Kick Ball Step**

- 1-2 Take a big step to R side with Rf, Touch Lf next to Rf
- 3-4 Bounce both heels into the floor x2 (bending at the knees)
- 5-6 Take a big step to L side with Lf, Touch Rf next to Lf
- 7&8 Kick Rf forward, step Rf next to Lf, Step forward onto Lf

## **Step forward, Heel swivel turn 1/2, L coaster step,**

### **Walks x2, Forward clap, Behind Clap,**

- 1&2 Step forward onto Rf, Twist L heel towards R heel making a 1/4 turn L (weight ends on Lf), make a 1/4 turn L twisting R heel backwards (weight ends on Rf)
- 3&4 Step back on Lf, Close Rf next to Lf (&), Step forward onto Lf
- 5-6 Step forward on Rf, Step Forward on L
- 7-8 Touch R heel forward while clapping hands in front, touch R toe back while clapping hands behind your body

## **Forward Triple R, Step 1/4 turn L, Heel, Toe, Heel, Toe**

- 1&2 Step forward on Rf, close Lf behind Rf, step forward on Rf
- 3-4 Step forward on Lf, Make a 1/4 turn R (weight ends on Rf)
- 5-6 Touch L heel forward across Rf, Touch L toe to L side
- 7-8 Touch L heel forward across Rf, Touch L toe to L side

## **Step, Touch R, Step, Touch L, L Sailor Step, Cross Behind, Jump Apart & Jump Together**

- 1-2 Step Lf across Rf, Touch Rf to R side
- 3-4 Step Rf across Lf, Touch Lf to L side
- 5&6& Step Lf behind Rf, Step Rf to R side, step Lf to L side, Step Rf behind Lf
- 7-8 Jump apart with both Feet (dropping down slightly), Jump both feet together (weight ends on Lf)